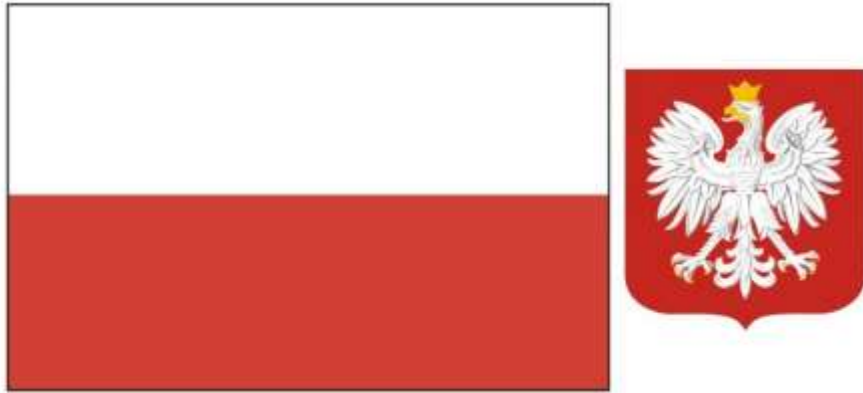


## **The national symbols of Poland**



## **The location**

*The Republic of Poland is located in Central Europe. It borders on Germany in the west, Slovakia and the Czech Republic in the south, Lithuania and Russia's Kaliningrad Region in the north-east, Belarus and Ukraine in the east and the Baltic Sea in the north.*

## **The country**

*Poland is divided into 16 administrative subdivisions, covering an area of 312,696 square kilometres (120,733 sq mi), and has a largely temperate seasonal climate. Poland is the sixth most populated member state of the European Union with a population of approximately 38.5 million people. Poland's capital and the largest metropolis is Warsaw. Other major cities include Kraków, Łódź, Wrocław, Poznań, Gdańsk, and Szczecin.*

## **The political system**

*Poland is a representative democracy, with the president as the head of state, whose current constitution dates from 1997. The government structure centers on the Council of Ministers, led by the*

*prime minister. The president is elected by popular vote every five years. The current president is Andrzej Duda and the prime minister is Mateusz Morawiecki.*

## **The history**

*In the year 966, Duke Mieszko I converted to Christianity, and submitted to the authority of the Roman Catholic Church. This event came to be known as the Baptism of Poland. Since then, Poland has been a predominantly Catholic nation.*

*For the last thousand years, Poland has been the country where cultures from the east and west of Europe have made their initial contact. Poles had to defend their independence many times and they had to befriend many different nations. It is therefore easy to understand how Poland's national character was formed, one that drives the Poles to staunchly defend their freedom at the same time showing great tolerance for others. As a member of the European Union and the NATO Alliance, Poland plays an active part in the development of European integration. A stable democracy with a robust economy and monetary system – this is Poland in the third millennium.*

## **Warsaw – the capital**

*The capital of Poland is a meeting place for politicians, economists and artists of all nationalities. There live 1.7 million inhabitants. It took 15 years to rebuild Warsaw, of which 84% was razed to the ground during the Second World War.*

*The scenic Old Town and its Market Square with mansard roofed houses attract artists and tourists. Warsaw's St John's Cathedral is the national Pantheon and not far from it there is the Royal Castle, which was the residence of the last Polish King.*

## Food

*Many dishes served in Polish restaurants and homes show the influences of regional Polish cuisines and the cooking traditions of the ethnic minorities that have inhabited Poland over many centuries. Although there are strong Eastern culinary influences from the Tartars and Turks, Polish cuisine owes a great deal to Mongolian, Ruthenian, German, French, Italian and Jewish tastes.*

*Regional Cuisine is diverse due to different agricultural conditions, customs and traditions. In the north of the country, we have the sea, the forests and the lakes. Kashubian fish tastes delicious, both fried or marinated. The Podlaskie region offers kartacze, potato dumplings stuffed with meat, and sękacz, an amazing sweet cake shaped like a tree trunk and baked on a spit. In Silesia, you'll find karminadel, minced meat dumplings seasoned with herring, and a beef roulade served with red cabbage. In the Małopolska region you can also buy traditional mountain cheese made from sheep or cow's milk. The most famous of them is oscypek, a sheep's milk cheese, which is the first Polish local product with the EU-protected designation of origin. In order to get to know the taste of żurek and other Polish specialties you have to visit us.*

## Culture

*Polish regional costumes could be compared to meadows full of colourful flowers. There are almost a hundred different kinds, and each has its own local variations. Known for being very musical, Poles love dance and music. Folk melodies can be heard in Chopin's works, while Krzysztof Penderecki and Witold Lutosławski set new standards in the world of avant-garde music. Poland attracts a lot of attention, thanks to its talented jazz musicians and young artists excelling in the domain of alternative music. The poetry of Wisława Szymborska, recognised with the Nobel Prize, is appreciated in*

*many corners of the world. Like Szymborska's poems, many others' works have been translated into foreign languages.*

## The Famous



Four hundred years ago, Nicolaus Copernicus proved mathematically that the Earth moves around the Sun and not vice-versa. This breakthrough, known as the Copernican Revolution, was the beginning of a new era in astronomy and science.



Maria Skłodowska-Curie together with her husband discovered two chemical elements which she named polonium (after Poland) and radium. She also explained the mechanism of radiation as caused by nuclear fission.



Father Karol Wojtyła was an experienced trekker and a nature lover who walked even the most difficult of trails. After being elected Pope, he became a pilgrim of love and hope. He was respected and listened to throughout the entire world. Communing with millions was a characteristic feature of the pontificate of Pope John Paul II.



The Polish composer Frederick Chopin, born at Żelazowa Wola near Warsaw, was one of the world's greatest musicians. The sheer beauty of his work casts a spell over people across all the continents. How this is possible is a mystery that can be only explained by Chopin's musical genius.



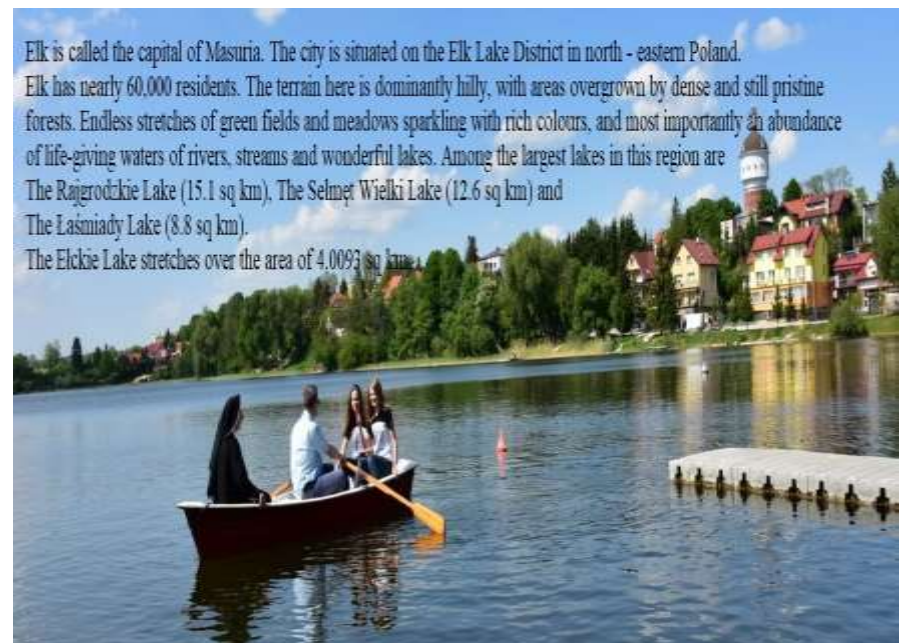
Roman Polański's first feature-length film, Knife in the Water (1962), earned him his first Academy

Award nomination. His subsequent films, often disturbing and full of violence and gore, were made abroad: in France, Great Britain and the United States.

## ELK



*The city of Elk has a very rich history and received city rights in 1425. The historic water tower is one of the most striking objects and originates from the late nineteenth century.*



Elk is called the capital of Masuria. The city is situated on the Elk Lake District in north - eastern Poland. Elk has nearly 60,000 residents. The terrain here is dominantly hilly, with areas overgrown by dense and still pristine forests. Endless stretches of green fields and meadows sparkling with rich colours, and most importantly an abundance of life-giving waters of rivers, streams and wonderful lakes. Among the largest lakes in this region are The Rajgrodzkie Lake (15.1 sq km), The Selmet Wielki Lake (12.6 sq km) and The Łasmiady Lake (8.8 sq km). The Elckie Lake stretches over the area of 4,0093 sq km.





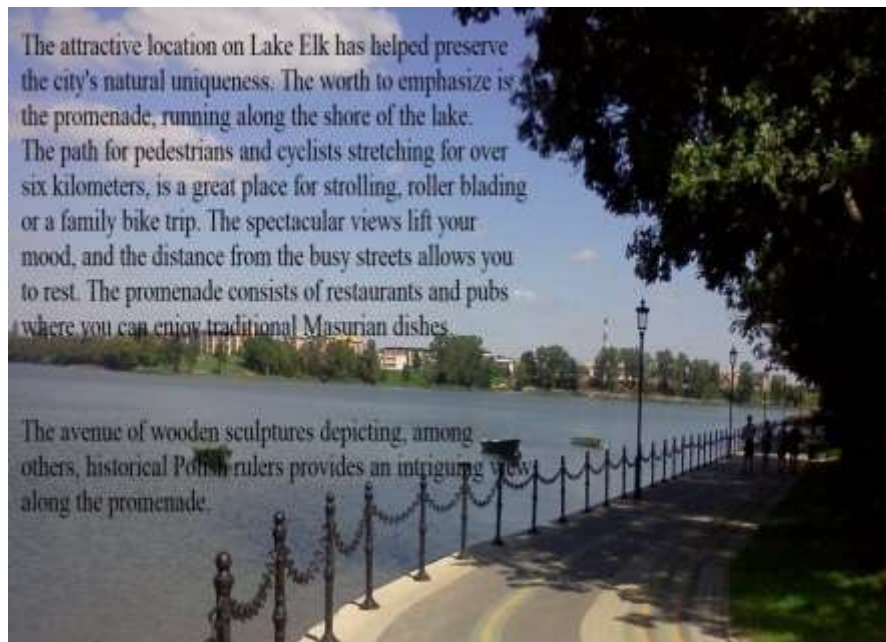
The Copernicus Park



John Paul II Square



The Festivals of Fine Pyrotechnics  
"Elk, Fire & Water"



The attractive location on Lake Elk has helped preserve the city's natural uniqueness. The worth to emphasize is the promenade, running along the shore of the lake. The path for pedestrians and cyclists stretching for over six kilometers, is a great place for strolling, roller blading or a family bike trip. The spectacular views lift your mood, and the distance from the busy streets allows you to rest. The promenade consists of restaurants and pubs where you can enjoy traditional Masurian dishes.

The avenue of wooden sculptures depicting, among others, historical Polish rulers provides an intriguing view along the promenade.

*Get to know us better!*

## SPORTS SCHOOL



*Sports school located at 15 Suwalska Street is divided into:*

- *Primary School No. 6*
- *High School*

*The school is one of the biggest educational institutions in Elk. We have 72 qualified teachers and 664 students. Despite the wide range of age we create one big supporting family in which we learn and develop our passions and skills.*



### Headteacher's Welcome

*In our school we firmly believe that education is a partnership between home and school. Everything we do encourages our children to understand that intelligence and passion can be developed. To support and value their interests we cooperate with various clubs and associations. That is the reason why we have created classes with a sports profile (football, volleyball, basketball). Therefore, our students participate in trainings, foreign trips and camps where they improve their knowledge and develop their sports skills.*



*Our partners in sport*





*But do not worry ☺*

*We do not forget about the fun!*



